

A VIEW FROM FEW

An organization for opportunity and equality for women in Government



June 2008

Space Coast Chapter, P.O. Box 21201, Kennedy Space Center, FL 32815
<http://www.ksc.nasa.gov/groups/few/>

Reflections:

"The best way to cheer yourself is to try to cheer someone else up." - Mark Twain

"Keep your face to the sunshine and you will never see the shadow." Helen Keller



President's Message

Sandy Eliason

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Here it is - my last article! You all have been very patient and kind over the past three years. Thank you for all of the support and care you have given me and our other board leaders; we have always been a team and your support does make a difference!

If I can leave any advice for our new leaders it would be: When women work together I believe one of the most difficult challenges in FEW as well as life, is learning not to take things to heart and hold on to them. Always remember, attacks and criticisms from others have much more to do with the way others think and how they are feeling. If you let yourself get caught up in trying to adjust yourself to other people's negative energy, you lose touch with yourself; your core being. It's great to be able to hear feedback others offer, take in anything that might be constructive, and release things which have nothing to do with us; make like a duck, shake it off and let things roll off as we continue our way in the world.

I believe most of our trouble comes from lack of communication. The more we communicate the more I realize we still need to improve our communication skills. Communication is and always will be a skill we can all improve on. Space Coast Chapter is a well-established community of great souls of diverse sources, a group of people who can be brought together to assist an individual or another group in the moment while serving the greater good. "As we each offer our own light together we are creating a better world. "

It's been my great pleasure to serve you, take care of you.

Signing off.

Much Love,

Sandy

FEW's Mission Statement

Federally Employed Women (FEW) is membership organization working for the elimination of sexual harassment and the advancement of women in government. This will be accomplished by:

- Encouraging diversity and equity in the workplace
- Enhancing career opportunities for women
- Establishing and maintaining relationships with organizations to advocate the fair application of EEO and personnel laws, policies, procedures, and practices
- Improving the quality of life for women by influencing Congressional and Administration actions
- Committing to achieve and maintain a unified and diverse membership; and
- Providing opportunities for professional growth through leadership development, education, mentoring, and networking.

The FEW mission and purpose statement was revised to recognize that the mission of an organization is its driving force, and that FEW's mission needed to be consistent with the needs of federal women today on into the 21st century.

Legislative



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FEW Washington Update May 15, 2008

Congress is getting ready to take a break for the Memorial Day recess; therefore the focus has been on appropriations and the Farm Bill right now. However, there were some important developments for federal workers.

If you have any questions or need more information about any issue, feel free to call Janet Kopenhaver at 703-528-7822 or via email at janetk@eyeonwashington.com.

FEW Washington Update – May 15, 2008 Tier I Issues

• Equal Employment Opportunity:

House and Senate Democrats (Sen. Edward Kennedy (D-MA) and Rep. John Lewis (D-GA)) introduced the Civil Rights Act of 2008 (HR 5129/S 2554), a wide-ranging omnibus bill

that would overturn or modify several US Supreme Court decisions, giving state employees the right to sue for damages for alleged age discrimination or overtime pay violations, curtail use of mandatory arbitration clauses in individual employment contracts and eliminate the damages cap in cases under Title VII of the 1964 Civil Rights Act.

When introducing his bill, Sen. Kennedy stated, "Key elements of our proposal will make it easier for working women to enforce their right to equal pay for equal work" by modifying employers' defenses under the Equal Pay Act and by bolstering remedies available for women who allege pay discrimination. The bills would amend the Equal Pay Act to make it more difficult for employers to provide that a pay differential disadvantaging female workers was based on a bona fide factor other than sex.

The bills also strengthen the anti-retaliation provisions of the Fair Labor Standards Act (FLSA), in which the Equal Pay Act is incorporated, and adds compensatory and punitive damages as remedies for equal pay violations.

• Effective/Efficient Government Reform:

The House Oversight and Government Reform Committee passed by voice vote a slightly changed Senior Executive Service (SES) Diversity bill. Introduced by House Federal Workforce Subcommittee Chairman Danny Davis (D-IL), the bill contains two mechanisms for addressing what some members consider under-representation of minorities in the SES, which is comprised of about 6,500 of federal agencies' highest ranking career employees.

The bill requires the creation of a Senior Executive Resource Office within the Office of Personnel Management (OPM). The office would oversee SES policy and processes for selecting entrants to the service. The office would perform functions including issuing standards for how agencies hire and evaluate senior executives, overseeing executive resource and qualifications boards agencies use to screen SES applicants and maintaining statistics on the makeup of the SES – including tracking the service's composition with regard to race, ethnicity, sex, age and individuals with disabilities. A companion bill was introduced in the Senate by Homeland

Security and Governmental Affairs
Government Management Subcommittee
Chairman Daniel Akaka (D-HI).

By unanimous voice vote, the committee passed a substitute amendment that also requires agencies to produce and regularly update reports on their plans to diversify their cadre of senior executives. The bill then requires OPM to deliver to the House Oversight and Government Reform Committee and the Senate Homeland Security and Governmental Affairs Committee a summary and analysis of the reports

The amendment also urges agencies that create executive resources boards and evaluation panels for SES applicants, to the extent practicable, ensure that minorities and women sit on these panels. That language replaces a controversial clause in the original bill which required each agency to create SES evaluation panels staffed by three employees that included at least one woman and one minority. The Justice Department objected to that provision, arguing it created illegal quotas.

• Family Member Care:

There have been several developments with respect to the Family and Medical Leave Act (FMLA). First, the Labor Department issued a proposed rule making several changes to the program which critics called a weakening of the law. For example, one provision would require those with chronic illnesses to get a doctor's certification on a regular basis in order to continue to qualify for the FMLA absences. This requirement would cost employers and employees \$26 million. Over 4,000 comments were submitted in response to the proposal.

Victoria Lipnic, Assistant Labor Secretary for Employment Standards, denied that her agency was attempting to scale down the Act with this proposed rule at a recent House Subcommittee hearing. Instead, she asserted the Department's new rules are designed to make the Act more uniform.

One of the most difficult issues to contend with, Lipnic said, is "intermittent leave," not the standard 12-week stint to care for a newborn or adopted baby. She said the rules governing stop-and-start leave need to be tightened to crack down on those who abuse

the law and to provide necessary leave for regular doctor visits.

House Education and Labor Workforce Protections Subcommittee Chair Lynn Woolsey (D-CA), who has introduced a bill to make the leave paid (see below), said the Act has allowed millions of workers to care for newborns, sick children or parents or for their own medical conditions. The Subcommittee members, however, did praise the expansion of the Act included in the proposal to include military families who need up to six months of leave to care for wounded veterans or 12 weeks of leave from work following the deployment of a family member.

Meanwhile, Reps. Pete Stark (D-CA), George Miller (D-CA) and Carolyn Maloney (D-NY) joined Woolsey in introducing landmark legislation (HR 5873) to provide workers with 12 weeks of paid leave in order to care for a new child, a sick family member, recover from an illness, or because of an exigency arising from the deployment of a member of the armed services. The Family Leave Insurance Act of 2008 will provide families with the support and flexibility they need and businesses with improved productivity and employee morale.

While millions of workers have taken advantage of the FMLA, millions more are put in the impossible position of choosing between paying their bills and dealing with an illness or welcoming a new child to the family. "Americans should not have to make that choice," said Miller, Chairman of the House Education and Labor Committee.

Among many provisions, the legislation will:

- Provide all workers with 12 weeks of paid leave over a 12-month period to care for a new child, provide for ill family members, treat their own illness, or deal with an exigency caused by the deployment of a member of the military;
- Provide these benefits through a new trust fund that is financed equally by employers and employees, who will contribute 0.2% of the employee's pay; and
- Progressively tier the benefits so that a low wage worker (earning less than \$30,000) will receive full or near

full salary replacement, middle-income workers (\$30,000-\$60,000) will receive 55% wage replacement, and higher earners (over \$60,000) receive 40-45%, with the benefit capped at \$800 per week.

The bill also requires the Director of the Office of Personnel Management to establish a Civil Service Family and Medical Leave Insurance Program. All agencies will be required to provide family and medical leave insurance benefits to federal workers.

• Retirement/Pension:

Lawmakers are expected to advance legislation that would automatically enroll new federal employees and military personnel in the Thrift Savings Plan (TSP). Under draft legislation prepared by the Federal Retirement Thrift Investment Board, new or rehired civilians and new military service members would have three percent of their basic pay automatically contributed to one of TSP's L Funds as soon as they begin work, unless they specifically decline to participate. Employees would have 90 days to opt out of the program and receive a full refund.

The Board is seeking automatic enrollments as a way to encourage young people to start saving for their retirements early. Almost 18 percent of new civilian employees do not contribute to TSP in their first two years of employment.

The Pentagon has not decided if it supports or opposes an automatic TSP enrollment for new military service personnel. If the Defense Department opposes the plan, the Board would remove military personnel from its proposal.

Unlike civilian federal employees enrolled in the Federal Employees Retirement System (FERS), military personnel do not receive matching funds for their TSP contributions. That lack of matching funds is one reason the Pentagon may decide against it.

Civilian employees in FERS get a 100 percent match on the first three percent of their TSP contributions and a 50 percent match on the next two percent.

The Board's draft legislation would also make the L Funds the default choice for employees

who join TSP but do not select a fund in which to invest. The G Fund – a government securities fund that usually carries the lowest risk and lowest return of TSP's six funds – is the default choice today. The L Funds – which are mixes of TSP's stock, bond and government securities funds that vary based on when participants expect to begin making withdrawals – are intended to provide the highest possible rate of return for the risk taken.

One major obstacle to the plan is cost. TSP contributions are withdrawn from employees' salaries before their salaries are taxed, and the Congressional Budget Office said the government could lose out on hundreds of millions in taxes. Lawmakers are looking for ways to offset those costs.

The TSP Board also finalized rules on fund transfer restrictions. Beginning May 1, TSP participants will be limited to two interfund transfers per calendar month. The regulation rebuked frequent traders, saying they misunderstood the nature of the TSP and traded at the expense of their fellow participants. Some TSP participants give the impression that their frequent interfund transfers are trades in and out of the market, which affect only their own funds. This is incorrect, the rule stated.

The regulation could mark the end of what has been a tense debate over the rule, which is aimed at curbing costs and preserving plan stability. TSP participants would be allowed unlimited transfers into the Government Securities Investments, or G Fund, to protect themselves from market fluctuations.

During the comment period on the proposed regulation, the TSP Board sent warning letters to more than 3,500 frequent traders, restricting them to three trades per month, and then eventually told 549 plan participants who exceeded that limit that they would have to submit their trades by mail. After sending these letters in January, trading volumes fell by almost half in February.

The Board rejected other alternatives, including charging a percentage fee for transactions – noting the difficulty of tracking the difference between the costs when a trade is made and the value of a fund when the market closes and lag time in measuring

the future cost of trades – and establishing a quota for transfers per year, but not restricting them by month.

- Privatization/Outsourcing:

The House passed two bills to increase oversight of contractors. The Close the Contractor Fraud Loophole Act (HR 5712) would force contractors, including those working overseas, to report on themselves if they discover they have overcharged the government or provided a product that is not up to specifications. Failure to report could lead to suspension or debarment from future federal contracts. Another bill, the Contractors and Federal Spending Accountability Act (HR 3928), would establish a database of contractors that have been subject to past civil, criminal or judicial actions.

Competitions for work performed by federal employees dropped again last year, according to a new report by the Office of Management and Budget (OMB). Agencies held 132 public-private competitions affecting 4,000 federal jobs in 2007, down from 183 competitions for 6,600 jobs in 2006. In addition, agencies fell well short of their intention to compete 18,000 federal jobs in 2007 under OMB's competitive sourcing initiatives, part of the president's management agenda. The competitions held in 2007 are estimated to save agencies \$325 million over the next five years.

Although less work was opened to competition last year, federal employees won fewer competitions than they have in previous years. Federal workers only won 73 percent of the public-private competitions in 2007, down from 87 percent in 2006 and below the five-year average win-rate for feds of 83 percent.

The new report also shows that the private sector has little interest in competing for federal work. Only 49 percent of the work competed last year had two or more private-sector bidders. Three bids is the unofficial standard for true competition in federal contracting.

- Women in the Military:

The Senate Armed Services Committee approved a Defense authorization bill that would provide military personnel a 3.9 percent pay raise in 2009. The White

House's proposed 2009 budget called for a 2.9 percent pay raise for federal employees and a 3.4 percent pay raise for service members.

- Employment Benefits:

On the pay front, women were served a blow to a pay discrimination bill. The Senate blocked a bill aimed at making it easier for employees to file pay-discrimination lawsuits. The measure garnered 57 supporters – six Republicans and all Democrats – on a procedural vote, but that was three votes shy of the 60 needed to advance.

The legislation sought to overturn a 5-4 Supreme Court ruling last May that upheld a six-month statute of limitations in a pay inequity case involving Lilly Ledbetter, a female tire-plant supervisor who was paid less than male supervisors. The House approved a measure last July reversing the Ledbetter ruling. Senate Democrats portrayed the procedural vote as a women's rights issue and vowed to use the issue against Republicans in the fall campaign. Republicans argued that the law's six-month statute of limitations was a reasonable requirement.

Meanwhile, about two-thirds of federal information technology executives said they plan to increase spending on technologies that support teleworkers in the next two years, according to a study released recently by a public-private partnership focused on promoting the benefits of telework.

Of the 127 chief information officers and IT directors, procurement officers and analysts surveyed by the Telework Exchange, 68 percent said their agency would increase spending on telework in the next two years. For example, laptops, which currently account for 31 percent of the average telework budget, would replace desktop computers for more employees.

COMPLIANCE

Submitted by Becky Fasulo

FUNDAMENTAL ELEMENTS OF COMPLIANCE WITHIN FEDERAL EEO LAWS

BACKGROUND:

I. EEO—Its Place in the Federal Government
For equal employment opportunity (EEO) to work effectively, federal employees need to know about the Federal EEO Program. EEO is the law of the land, and it is the right of all people to be protected from discrimination in employment regardless of race, color, religion, sex, national origin, age, or mental or physical handicap.

EEO laws require that equal opportunity be granted to all U.S. Citizens.

Affirmative action regulations define the method to ensure equal opportunity.

II. EEO Laws

A. Purpose: to protect employees and applicants from employment discrimination.

B. Coverage: all U.S. Citizens, employees and applicants.

C. Nature: define discriminatory practices and employers' responsibilities.

D. Violation: discriminatory acts committed against U.S. citizens, employees, and applicants.

III. Affirmative Action Requirements

A. Purpose: achieve the goal of a workforce that represents our nation's diverse population, thereby correcting the effects of past discrimination.

B. Coverage: all underrepresented minorities, women, and people with disabilities.

C. Nature: define underrepresented areas and develop plans to achieve specific goals.

D. Violation: employers who do not achieve affirmative action goals. The federal program is based on EEO laws and affirmative action regulations. As a result, it has two primary purposes: Eliminate and prevent discrimination in federal employment and correct the effects.

KSC'S ANNUAL NATIONAL DAY OF PRAYER

Submitted by Charlotte Becker

The Kennedy Space Center recently joined the nation to celebrate National Day of Prayer on May 2, 2008. We all know and

appreciate that everyone has a different view and celebrates their religion in many ways. On this day we came together, as a Country, State, county and John F. Kennedy Space Center to join each other to praise God in a collective voice.

As I walked into the Training Auditorium, I was greeted with singing and music, with a screen on the stage projecting the words to the hymns so all could join in.

Presentations from NASA-KSC, representatives from Brevard County, from the State of Florida, and President Bush were made. The presentations built on each other as almost a prayer in themselves. The whole event was very inspirational and demonstrated the wonderful coming together of the group.

I have been attending the event annually, and always come back to my office so inspired I feel I could conquer the world. Yes, this event is one of the most diverse events we have here at KSC. It makes me and everyone else come together no matter what religion you worship. It weaves a common web between each other. It is our way of saying thanks and praying for our Leaders.

Next year please join us in this motivating event.

DIFFERENCES

A POEM FROM SANDRA ELLIASON

While walking in a toy store,
The day before today,
I overheard a Crayon box
With many things to say.
"I don't like red!" said Yellow.
And Green said, "Nor do I!
And no one here likes Orange,
But no one knows quite why."
"We are a box of crayons
That really doesn't get along,"
Said Blue to all the others.
"Something here is wrong!
Well, I bought that box of crayons
And took it home with me
And laid out all the crayons
So the crayons could all see
They watched me as I colored
With Red and Blue and Green
And Black and White and Orange

And every color in between
 They watched as Green became the grass
 And Blue became the sky.
 The Yellow sun was shining bright
 On White clouds drifting by.
 Colors changing as they touched,
 Becoming something new.
 They watched me as I colored.
 They watched till I was through.
 And when I'd finally finished,
 I began to walk away.
 And as I did the Crayon box
 Had something more to say....
 "I do like Red!" said the Yellow
 And Green said, "So do I!
 And Blue you are terrific!
 So high up in the sky."
 We are a box of crayons
 Each of us unique,
 But when we get together
 The picture is complete.



Sunshine Committee
Eva Coffman



A sympathy card was sent to Joan Lyons on the death of her daughter. Becky Fasulo is in our thoughts and prayers as she travels to Ohio on the death of her mother.

Please notify me (639-4881) or Becky Fasulo (636-8525 - beckyjf@yahoo.com) of any members that have extended illnesses, hospital stays, or news that deserves congratulations.

Mavis Timmons	June 1
Angel Solorio	June 1
Sandra Getter	June 7
Ana Contreras	June 24

If we have missed your birthday, please send it me, so that we can celebrate with you – beckyjf@yahoo.com

2008 Installation and Award Banquet

Submitted by Barbara Powell

The New Officers for 2008-2010 will be installed during the Annual Awards Banquet that will be held on, Thursday, June 26, 2008, at the Hilton Cocoa Beach Oceanfront in the Horizon Room. Social begins at 6:00 p.m. and Dinner will be served at 6:15 p.m. There are three menu choices, beef, salmon or chicken. Each entrée is served with fresh garden salad, red roasted potatoes, fresh seasonal vegetables, chef's choice of dessert, warm dinner rolls and butter, coffee, tea or iced tea. Cost is complimentary to Chapter Member in good standing. The cost is \$29.00 for guests. Reservations with your choice of entrée must be received no later than Monday, June 23, 2008. RSVP to Becky Fasulo, 636-8525, fewvpmco@yahoo.com, Jean Grenville, 453-0226, jeangrenville@aol.com, or Barbara Powell, 504-6086, noahsark@cfl.rr.com. Look forward to seeing a good turnout for this special occasion

Community Outreach

Submitted by Sandra Getter

Just a note to remind you that Friday, **June 20th, will be delivery day for Baxley Manor.** Remember these folks are on food stamps and any help that you can give monetarily or otherwise will be greatly appreciated. The monetary contributions that you make are used to buy food and personal items for these residents. My mail code is NE-E8. Thanks so much for making a difference!!

Although Aneta continues to coordinate from off center and is present at each delivery, I am coordinating the contribution for Baxley Manor here on Center with the help of some other very kind ladies - Valarie Franklin in

O&C 1020, Sandy Eliason in LCC 4P23, Jan Hall in the Logistics Building 2610A, Carol Moore HQ 3490, Ana Contreras HQ 3531F and Charmel Jones O&C 1073M2 can take your contributions and items. I am in EDL 203 and can coordinate a pick up from you if you call or email me.

Here is the list...suggestions

Needed Items

Food Items

Small cans of vegetables & fruits
Jell-O & pudding snacks
Graham crackers, Saltine crackers
Any meat or meal in a can with the flip top lid...
Lunch meats, tuna, Spam, chicken, Vienna sausage, ham, deviled ham, Sardines, beef stew

Personal Items

Paper products: Q-tips, facial tissue & toilet tissue (packages of 4 rolls)
Toothbrush, toothpaste, mouthwash
Hand lotion, hair spray, mousse or gel, comb/brush
Razor, Nail files, clippers, Socks, stockings, earrings
Reading material such as books or magazines

Thanks again for your support of this worthy cause.

Membership

Submitted by Charmel Jones

As my term nears its ends, I would like to take this opportunity to say thanks for giving me the opportunity to serve as your VP of membership for the Space Coast chapter of FEW. It has been an enlightening experience and I have learned a lot about the organization and the members!! What a great group of ladies!! I will forever cherish the moments that we shared and the challenges overcome as the membership VP. Furthermore, thanks for all of the help and support. From this moment forward, please direct any further membership related questions or concerns to your new VP of membership, Becky Fasulo at beckyjf@yahoo.com. For those that are reading this newsletter and are not a part of this great organization, I urge you to join

and become a part of FEW's rich tradition and heritage. Again, it has been a pleasure!! Once more, welcome to all of our new members!!

PROGRAMS

Submitted by Marlene Satterthwaite, VP for Programs

Well the votes are in and I don't mean AMERICAN IDOL or DANCING WITH THE STARS.....I'm referring to the results of the 2008-2010 Space Coast Chapter elections. The results are: PRESIDENT Marlene Satterthwaite; 1st VICE PRESIDENT OF PROGRAMS Teresa Jean Piastuch; 2nd VICE PRESIDENT OF MEMBERSHIP Becky Fasulo; TREASURER Johanna Velasquez; SECRETARY Cassandra Getter; NOMINATIONS CHAIR Aneta Ott and of course, IMMEDIATE PAST PRESIDENT Sandra Eliason. Congratulations to all and good luck!

I would first like to commend Sandy Eliason for her 3 years of leadership as the FEW Chapter President. This board looks forward to her continued support, guidance and fellowship in keeping this chapter alive and well. Job well done, Sandy!

I am truly humbled by your vote of confidence in electing me as President and just hope I am up to the CHALLENGE!! But as we all know, no organization is run by just one person.....it takes a strong support team to make it work and be successful.

In looking over the Chapter Membership listing, the potential exists to add strength, diversity and new ideas to the chapter. With so many talented members, we invite your participation and involvement with this chapter as we would benefit from your skills and experience. And, you, too, could experience that good fellowship feeling while contributing to an organization that's about improving the quality of life for women.

With that being said, we do have opportunities to demonstrate leadership skills. Please consider a position as a STANDING COMMITTEE CHAIR; these committees include: Finance; Scholarships; Compliance; Legislative; Diversity; Newsletter; Historian; Community Outreach/Environmental. Understand that

you would receive help and guidance from those that had formerly held those positions. Interested? Please email me at mbsatt44@aol.com

In closing, the chapter would appreciate your attendance to the 2008 – 2010 Space Coast Chapter Installation & Awards Banquet to be held June 26, 2008, in the Horizon Room, of the Hilton Cocoa Beach Oceanfront, beginning with the Social Gathering at 6:00 p.m., followed by dinner at 6:15 p.m.

Thank you and I look forward to you support!

Nominations Committee

Submitted by Jean Grenville

The official Slate of Officers for 2008 – 2010 Space Coast Chapter officers was presented at the May 21, 2008 May Business Meeting.

President:

Marlene Satterthwaite

VP for Programs

Teresa Jean Piastuch

VP for Membership

Becky Fasulo

Treasurer

Johanna Velesquez

Secretary:

Cassandra Getter

Nominations:

Chair, Aneta Ott
Vickie Hall, Member
Teresa Parham, Member

New officers will begin their term on July 1, 2008. 2006 – 2008 Officers and Committee Chairs are asked to submit their end of year report to the president, Sandra Eliason. They should also turn over any information they have to their successors at the June 12 chapter retreat.

Nominations Committee – Southeast Region

Submitted by Jean Grenville

Voting is now closed for election of the South East Region Officers. All ballots are due to the committee by June 2. Thank you to all those members who have participated to date. The results of the election will be tabulated after June 2nd and a report sent to the Southeast Region by mid June. The Regional Manager will be installed at the 2008 NTP in Anaheim, CA.

TRAINING

NTP 2008

The NTP 2008 Co-Chairs, Pat Wolf and Jeanette Miller, have produced an outstanding agenda for the participants of the 2008 NTP in Anaheim, California July 14-18, 2008. Federal employment is changing and this training is targeted for those who would like to be a part of that change. Workshops chosen for presentation at the 2008 NTP will be aligned with the Leadership Competencies as defined by the Office of Personnel Management. There will be interesting keynote speakers, the annual Education/Career Fair featuring universities, local colleges, and federal agencies looking for applicants to fill positions, FEW's 40th Anniversary celebration, and lots of fun things to do in the Anaheim area.

We are so proud of Space Coast Chapter member, Marlene Satterthwaite! She is a winner of an FEW Retiree Scholarship for NTP 2008 and will be honored during the NTP. She will receive funding for her registration, airfare and hotel accommodations. What an incentive for all of us. Good job, Marlene!

SMART WAYS TO USE CLEAN SPONGES:

Submitted by Barbara Powell

1. Prevent clinks, clanks-and cracks! Loading your dishwasher with stemware and other delicate glassware? Place sponges between

them as buffers to prevent chips and dings.

2. Keep veggies crunchy! Sick of soggy, spoiled produce? Toss a dry sponge in the bottom of your crisper drawer; it'll absorb the moisture that causes fruits and veggies to go bad!
3. Soften clothes! Lost your fabric-softener ball? Just dampen a sponge with fabric softener and toss it in. The sponge will slowly release the softener during the cycle!
4. Keep your plants perfectly hydrated! When repotting a plant, cut a sponge to fit in the bottom of the pot. If you ever overwater, the sponge will absorb the excess and re-release it when the plant gets thirsty!
5. Swipe off Fido fur! Pooch hair all over your clothes? Dampen a sponge, wring it out and wipe it over the furry spots—it'll pick up the hair in a flash!
6. Got a gap between your air conditioner and the window frame? Plug it with a sponge to stop hot air from entering—and forcing your unit into budget busting overdrive.

HAVE FUN FOR HUNDREDS LESS!

1. Use rechargeable batteries for savings. Battery-powered devices—like digital cameras and radios may be convenient, but each one guzzles dozens of batteries a year. To the rescue: Rechargeable batteries. ! They cost a little extra at first – one rechargeable AA battery is about \$3.00, but because it can be used a many as 1,000 times, it can save you an astounding \$997 compared to traditional batteries.
2. Plug into a power strip to cut high electric bills! Even when your TV, computer and other electronics are off, they're still using electricity—up to 40% as much as when they're on! The fast fix? Plug them into a power strip. That way, you can quickly unplug them all when you go out or to bed.

3. Get free books! Read books for free by downloading them to your phone from www.booksinmyphone.com, or download free audio books to your computer at www.poddiobooks.com, and transfer them to a CD or your MP3 player and listen on-the-go.
4. Play computer games for no cost! Why buy computer games when hundreds are available for free! Like puzzles or card games? Go to www.lfreegames.ws. To amuse young kids, try www.lmothergoose.com, and for older kids, <http://kids.yahoo.com/games>.

ARE YOU AT RISK?

Check the statements below that are true for you, then add up your score. If it's 10 or more, ask your doctor about getting tested for diabetes.

1. You're at least 20 pounds heavier than your ideal weight. 5 points
2. You get little or no exercise during an average day. 5 points
3. You're between 45 and 64 years of age. 5 points
4. You're 65 years of age or older. 9 points
5. You've had a baby that weighed more than nine pounds at birth. 1 point
6. You have a sibling with diabetes. 1 point
7. You have a parent with diabetes. 1 point

TOTAL =

TO ENSURE THAT YOU WAKE UP MORE REFRESHED!

Eat like the Japanese do! Hot flashes, night sweats or other hormonal symptoms keeping you up nights? Help yourself to a handful of edamame (Japanese soybean pods), available in health food stores and supermarkets, before turning in. They

contain natural estrogens that help restore our body's hormonal balance, allowing you to seep through the night," says Jacob Teitelbaum, M.D., author of *From Fatigues to Fantastic!*

CAREER EXPLORATION FOR TEENS

Submitted by Vickie Hall

With the summer approaching and teens out-of-school, here are a few tips you may want to discuss with them.

If you are lucky enough to know what you want to do for a living when you grow up, you are one of few teens who do know. Most people change their ideas many times before they settle on a profession.

While you are a teenager, it's important to get wide exposure to the things you might like. One of the ways to do that is to try different things and pay attention to what you enjoy - or don't enjoy - about them.

For example, if you enjoy taking things apart and seeing how they work, you might have good spatial and mechanical aptitude and want to explore careers in engineering.

If you like to write, there are all sorts of careers that use writing skills - careers in the law, journalism, publishing, and communications are some of them. Do you like to paint and draw? To use a camera? To rearrange the furniture in the living room? These artistic qualities could lead you to careers in fields such as graphic arts, photography, or interior design.

Study hard in school - you almost always need a college degree to get a good job these days, unless you are extremely talented or persistent.

But it's also important to make time for career exploration. If a particular career interests you, read as much as you can about it - and find a way to try it out. Here are some ways you might get exposure to careers that appeal to you:

- **Volunteer.** If you are interested in acting, volunteer at a theater. If you think you want to be a veterinarian, volunteer at

an animal clinic or at the zoo. If you want to be a singer, sing with your church choir. If you want to teach, volunteer as a tutor for a younger student.

- **Make time to pursue your interests.** If you like to write, get things published in the school paper or on a website. Share your stories with friends. If you like to paint, you could take art courses, but you might also want to take some computer courses in graphic arts and see what sort of art you can create on the computer. If you think a career in medicine or health is for you, plan a health-related exhibit at school. Creating projects for science fairs is a great way to explore careers in environmental sciences, math, chemistry, plant science and other scientific fields.

Pay attention to what you like about any activity you try and what you don't like. These clues will help you explore other careers you might enjoy.

- **Adopt a career professional.** It's not hard to find someone who works in a field you might be interested in. Ask your parents if they have friends who have careers that interest you. Then ask these friends if you can go to work with them one day and see what they actually do.

Most people are flattered when someone is interested in their work, so don't be afraid to approach people about their careers. Prepare a list of questions to help you get a good sense of the job. For example, "why did you choose this particular career?" "What part of your job do you like most?" is another good question. Are you the type of person who likes to interact with a lot of different people, or do you prefer to work on your own? "What is the hardest part of your job?" can lead to cues about the downside of a job you are interested in.

Another approach is to write to a university professor who specializes in a subject in which you are interested, and if he or she responds, ask if you can conduct an interview about the work.

Read biographies of people who have had careers in the field you're interested in, and then think what it is about their lives that you find most compelling. For example, in a biography of a judge, what is it that seems the most satisfying to

you? Dispensing justice? Knowing the law? Doing what is right? If it's doing what is right, think about other careers that might lead to that same satisfaction, like being a volunteer coordinator for a homeless shelter or being a policeman.

What about money?

If you find something you really love, you probably will be able to make a good enough living at it - eventually. However, some careers are hard to break into. Examples of these are film and stage actors, musicians, and marine biologists. If you think you want a career that not everybody gets into because there are so few jobs, or you need so much talent and luck to get recognized, have a plan you can fall back on. If you want to be a rock musician, you will have to decide how you support yourself until you get your big break.

It's important to love your work - you will spend a long time at it, and earning your own money will give you the freedom to do what you want with your life. So start paying attention now to what interests you and how you could turn that into a career. Remember, research and experience will help you to decide whether it's worth putting in the years to study for a profession and then landing the right job.

Article written by Linda Thornburg, one of the authors of the [Cool Careers for Girls series](#).

NASA News

Submitted by Vickie Hall



From the left are astronauts Mark Kelly, Ken Ham, Karen Nyberg, Ron Garan, Mike Fossum, Japan Aerospace Exploration Agency astronaut Akihiko Hoshide, and astronaut Greg Chamitoff.

Space Shuttle Discovery is nestled on the pad for launch on May 31, 2008. Discovery's 14-day flight will carry the

largest payload so far to the station and includes three spacewalks. It is the second of three missions that will launch components to complete the Japan Aerospace Exploration Agency's Kibo laboratory. The crew will install Kibo's large Japanese Pressurized Module and Kibo's robotic arm system. Discovery also will deliver new station crew member Greg Chamitoff and bring back Flight Engineer Garrett Reisman, who will end a three-month stay aboard the outpost. Discovery's 14-day flight will carry the largest payload so far to the station and includes three spacewalks. It is the second of three missions that will launch components to complete the Japan Aerospace Exploration Agency's Kibo laboratory.

And following the Space Shuttle launch are two more upcoming launches:

Date: June 3 *

Mission: [GLAST](#)

Launch Vehicle: [United Launch Alliance Delta II](#)

Launch Site: [Cape Canaveral Air Force Station](#) - Launch Complex 17 - Pad 17-B (East Coast)

Launch Window: 11:45 a.m. - 1:40 p.m. EDT

Description: An heir to its successful predecessor -- the Compton Gamma Ray Observatory -- the Gamma-ray Large Area Space Telescope will have the ability to detect gamma rays in a range of energies from thousands to hundreds of billions of times more energetic than the light visible to the human eye. Radiation of such magnitude can only be generated under the most extreme conditions, thus GLAST will focus on studying the most energetic objects and phenomena in the universe.

Date: June 15

Mission: [OSTM](#)

Launch Vehicle: [United Launch Alliance Delta II](#)

Launch Site: [Vandenberg Air Force Base](#) - Launch Pad SLC-2 (West Coast)

Launch Window: 1:47 - 1:56 a.m. PDT/4:47 - 4:56 a.m. EDT

Description: The Ocean Surface Topography Mission on the Jason-2 satellite will be a follow-on to the Jason mission.

Handy Dandy Household Tips Submitted by Vickie Hall

A sealed envelope - Put in the **freezer** for a few hours, then slide a knife under the flap. The envelope can then be resealed. (hmmmmmm...)

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Use Empty toilet paper roll to store appliance cords. It keeps them neat and you can write on the roll what appliance it belongs to.

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For icy door steps in freezing temperatures: get warm water and put **dish washing liquid** in it. Pour it all over the steps. They won't refreeze. (wish I had known this for the last 40 years!)

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To remove old wax from a glass candle holder, put it in the **freezer** for a few hours. Then take the candle holder out and turn it upside down. The wax will fall out.

Newsletter

Jean Grenville & Karin Biega

This monthly publication is a means of sharing information and ideas with members and friends. Please send your news articles or items of interest for this Newsletter to Jean Grenville at jeangrenville@aol.com and Karin Biega at kbiega@bellsouth.net by the last Monday of each month. If you are interested in joining this vital organization, a Membership Application is attached. We are still looking for those member bios so we can learn more about each of you.

Calendar of Events

June

12-14 Chapter Retreat - Orlando, FL

20 Delivery to Baxley Manor

26 Installation & Awards Banquet

30 A View from FEW News Articles Due

July

14-18 FEW NTP 2008 in Anaheim, CA

SPACE COAST CHAPTER, FEW 2006- 2008 Officers and Committees

Chapter

President	Sandy Eliason
VP for Programs	Marlene Satterthwaite
VP for Membership	Charmel Jones
Treasurer	Clara Anderson
Secretary	Barbara Powell
Nominations Officer	Jean Grenville
Immediate. Past President	Dawn Partlow
Compliance	Becky Fasulo
Diversity	Charlotte Becker
Legislative	Arden Belt
Annual Training Program	Marlene Satterthwaite
Finance	Johanna Velasquez
Scholarships	Aneta Ott
Newsletter Editor	J. Grenville/K. Biega
Parliamentarian	Carolyn Burnham
Environmental	Martha Carroll
Community Outreach	Sandra Getter
Sunshine	Eva Coffman
Historian	Ana Contreras
Webmaster	Debbie Ward

Regional

Nominations	Jean Grenville
Compliance	Vickie Hall

National

VP for Mbrship & Chapters	Becky Fasulo
Bylaws & Resolutions	Karin Biega
2008 NTP Finance Chair	Clara Anderson

Membership ID

FIRST NAME

ZIP CODE + 4

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☐ Not Applicable

Check Amount \$

****Chapter Info Only**** **Mail Code** **Date of Birth**